

## CLAIMS

What is claimed is:

- 1     1.     A method of taking a dental impression comprising the steps of:  
2             selecting a dual arch impression tray comprising a frame and a membrane supported on and  
3     integral with said frame, wherein the dual arch impression tray is suitable for taking an impression  
4     of the oral structure of interest;  
5             applying a quantity of immobilizing agent to the frame of tray, wherein the immobilizing  
6     agent is not the impression material to be used to take the impression;  
7             applying an impression material to both sides of the membrane;  
8             placing the tray along with the impression material in the patient's oral cavity;  
9             allowing the impression material to cure sufficiently; and  
10          removing the impression and tray from the mouth.
  
- 1     2.     The method of Claim 1 comprising the further step of facilitating the immobilizing agent's  
2     cure by shining a curing light on it.
  
- 1     3.     The method of Claim 1 comprising the further step of facilitating the immobilizing agent's  
2     cure by applying a chemical.
  
- 1     4.     The method of Claim 3 wherein the immobilizing agent is a filler and the chemical is an  
2     adhesive.

1        5.        The method of Claim 1 wherein the immobilizing agent is a plastic and comprising the  
2 further step of heating the plastic.

1        6.        The method of Claim 1 comprising the further step of facilitating the immobilizing agent's  
2 cure by applying an adhesive.

1        7.        The method of Claim 1 comprising the further step of facilitating the immobilizing agent's  
2 cure by exposing it to air or moisture.

1        8.        The method of Claim 1 wherein the frame has a channel or tube extending through it and  
2 comprising the further step of filling it with the immobilizing agent.

1        9.        The method of Claim 1 wherein the tray comprises an immobilizing agent (other than an  
2 impression material) that will cure (or that can be cured) after the patient bites into the impression  
3 material.

1        10.       A method of taking a dental impression comprising the steps of:  
2               selecting a dual arch impression tray suitable for taking an impression of the oral structure  
3 of interest that has a frame and a membrane supported on and integral with said frame, and wherein  
4 the frame comprises an immobilizing agent that is not the impression material to be used to take the  
5 impression;

6           applying an impression material to both sides of the membrane;  
7           placing the tray along with the impression material in the patient's oral cavity;  
8           allowing the impression material to cure sufficiently; and  
9           removing the impression and tray from the mouth.

1       11.    The method of Claim 10 comprising the further step of causing the immobilizing material  
2       to cure.

1       12.    The method of Claim 11 wherein the immobilizing material is cured by the step of shining  
2       a curing light on it.

1       13.    The method of Claim 11 wherein the immobilizing material is cured by the step of applying  
2       a chemical.

1       14.    The method of Claim 13 wherein the immobilizing agent is a filler and the chemical is an  
2       adhesive.

1       15.    The method of Claim 10 wherein the immobilizing agent is a plastic and comprising the  
2       further step of heating the plastic.

1       16.    The method of Claim 10 wherein the immobilizing agent is a hot thermoplastic.

1 17. The method of Claim 11 comprising the further step of facilitating the immobilizing agent's  
2 cure by exposing it to air or moisture.

1 18. A method of taking a dental impression comprising the steps of:

2 inserting a low-profile implant impression transfer post in a dental implant, wherein the low-  
3 profile implant impression transfer post has a buccal projection configured to project toward a  
4 buccal wall of an appropriately configured impression tray;

5 selecting a dual arch impression tray suitable for taking an impression of the oral structure  
6 of interest that has a frame and a membrane supported on and integral with said frame, and wherein  
7 the frame comprises an immobilizing agent that is not the impression material to be used to take the  
8 impression, and wherein the frame of the tray is configured and arranged to be attachable to the low-  
9 profile implant transfer post;

10 applying a quantity of impression material to both sides of the tray's membrane;

11 placing the tray along with the impression material in the patient's oral cavity;

12 affixing the frame to the implant transfer post;

13 allowing the impression material to cure sufficiently; and

14 removing the impression and tray from the mouth.

1 19. The method of Claim 18 wherein the frame is affixed to the low-profile implant impression  
2 transfer post intraorally while the impression material is curing.

1     20.     The method of Claim 18 wherein the immobilizing agent supporting the frame is cured  
2     intraorally before the frame is affixed to the low-profile implant impression transfer post and before  
3     the impression material has been cured sufficiently to remove it from the patient's mouth.